Cuisinart®

Cook & Hold

CSC650U

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Congratulations on your purchase of the Cuisinart Cook & Hold.

For over 30 years Cuisinart's aim has been to produce the very finest kitchen equipment so that cooks at home as well as professional chefs have the tools to express their creativity.

All Cuisinart products are engineered for exceptionally long life, and designed to be easy to use as well as to give excellent performance day after day. That is why they have come to be regarded as the defining machines in their field by chefs across the world.

Whatever you cook, cook it better with Cuisinart.

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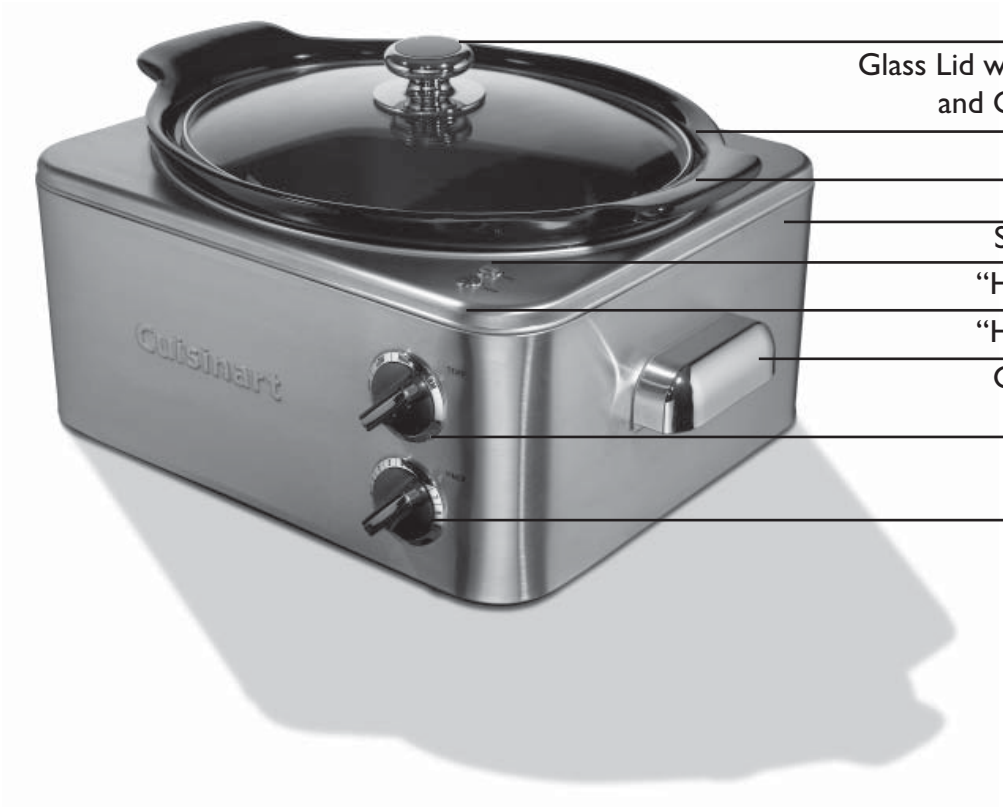
Product Description



Carefully read all the instructions thoroughly before using the appliance and keep in a safe place for future reference

Safety Cautions

Always follow these safety cautions when using this appliance to avoid personal injury or damage to the appliance. This appliance should be used only as described within this instruction book.

- The lid and bowl can be removed for washing manually or within a dishwasher.
- Do not immerse the heater base in water or put it in a dishwasher. Disconnect from the mains, allow to cool, and clean using a damp cloth / scourer. Allow to dry thoroughly before re-use.
- Always disconnect the Cook and Hold immediately after use.
- Never disconnect the plug by pulling on the mains lead.
- Always ensure that your hands are dry before removing the plug from the mains socket.
- Do not allow the lead to overhang the edge of the table or work surface.
- This appliance should not be used by adults or children whose lack of experience, product knowledge or disability might cause a hazard, unless they have been correctly instructed and are adequately supervised.
- Children should always be supervised to ensure that they do not play with this product.
- Do not use this appliance if the lead is damaged. In the event of damage the lead must be replaced by a special lead available from the manufacturer or its service agent. (See "UK After Sales Service" section).

WARNING: A cut off plug inserted into a 13 amp outlet is a serious safety (shock) hazard. Ensure the cut off plug is disposed of safely.

WARNING: Polythene bags over the product or packaging may be dangerous. To avoid danger of suffocation, keep away from babies and children. These bags are not toys.

- Do not use the Cook and Hold if it has fallen or shows signs of damage. Discontinue use immediately. (Cuisinart Conair "After Sales Service" section).
- No repair can be carried out by the user. Return the Cook and Hold to the 'Cuisinart Service Centre' for inspection or repair or replacement. (See 'UK After Sales Service' section).
- Use this appliance for cooking only as described within these instructions for use. Retain these for future reference.
- Always wear oven gloves to remove the ceramic pot and lid.
- For indoor use only.
- For domestic use only.
- Maximum capacity of the appliance is 5 Liters.
- This appliance complies with the basic requirements of Directives 04/108/EEC (Electromagnetic Compatibility) and 06/95/EEC (Safety of domestic electrical appliances) amended by Directive 93/68/EEC (CE Marking).
- Do not use any attachments other than those recommended or sold by Cuisinart.
- Do not touch hot surfaces, always use handles.
- Unplug from the mains when not in use and before cleaning. Allow to cool before putting on or taking off parts.
- Extreme caution must be used when moving a slow cooker containing hot oil or other hot liquids.
- Do not place on or near a hot gas or electric hob or oven
- Avoid sudden temperature changes such as placing a chilled ceramic pot into the Cook & Hold.

- When hot, never place the ceramic pot directly on a table or work surface.
- Never heat ceramic pot when it is empty.
- Do not touch sides of the ceramic pot or the housing whilst food is cooking.
- Always use the handles and oven gloves when removing the lid or ceramic pot from the housing base after cooking.
- The ceramic pot should always be at least half full for best cooking results; however, the appliance should never be more than 3 quarters full or approximately 4cm from the top rim.
- For food safety reasons, whole chickens should not be cooked in a Slow Cooker. They may not reach safe temperature in the correct amount of time.
- When cooking meat, set the appliance on 'High' for 1 hour and then reduce to 'Low' for the remaining cooking time.
- Because the appliance heats and cooks at low temperatures, food should be at room temperature before it goes into the appliance.
- The Cook and Hold is not recommended for reheating foods. It may not reheat chilled foods quickly enough to prevent the development of harmful bacteria.
- Avoid sudden temperature changes. Really cold food or water can crack the hot ceramic pot.
- If foods are to be cooked the next day in the ceramic pot, do not store in the refrigerator overnight.
- To save any leftover food, remove from the ceramic pot and store in plastic containers up to 2 days, or freeze for future use.
- Do not add frozen foods to the Cook and Hold. Heat to room temperature before adding.

Instructions for Use

Before using this appliance, ensure the ceramic pot, cooking rack and lid are cleaned and dry.

A Cooking with the timer

- Place the housing base on a flat, clean and dry surface. Place the ceramic pot in the housing base.
- Fill the ceramic pot with desired ingredients. Place the lid on top of the ceramic pot and plug the unit into the mains.
- Set the desired time by turning the timer dial to the recommended cooking time: 1-8 hours using half hour increments.
- Set the desired temperature, by turning the temperature dial to 'Low', 'High' or 'Hold' setting.

N.B. The 'Hold' setting is not a cooking function; therefore, it is only for use with preheated foods.

- The 'Cook' indicator light will illuminate to denote the appliance is in 'Cook' mode and set on 'Low' or 'High' temperature setting.
- When the appliance is in 'Hold' mode, the 'Hold' light will illuminate. This will remain illuminated until the appliance is turned off.

N.B. If the timer is set to '0 hours', the appliance will remain in "Hold" mode no matter what the temperature states.

- When the time has expired, the appliance will automatically switch to the 'Hold' setting and the 'Hold' light will illuminate.

- The appliance will continue to stay in 'Hold' mode until it is turned off, by turning the temperature dial to the 'Off' position.
- Lift the ceramic pot by using the ceramic handles.

Cooking times will vary depending on the meat and personal taste, however, follow the table below as a guide for cooking temperatures and time:

Joint	Weight (kg)	Temperature	Time (hours)
Beef,lamb,veal	1.25-1.5	Low	4-8
or venison		High	3-6
	1.6-2.25	Low	7-8
		High	5-8
Chicken	Up to 1.5kg	High	3-4
Duck	Up to 1.75kg	High	5-6
Pheasant	Large	High	3-4
Pork joint	1.25-1.5	High	3-5
	1.6-2.25	High	4-6

B Cooking without the timer

Using the 'Low' temperature setting without the timer is to be used only for recipes that require a constant 'Low' temperature.

- Place the housing base on a flat, clean and dry surface. Place the ceramic pot in the housing base.
- Fill the ceramic pot with desired ingredients. Place the lid on top of the ceramic pot and plug the unit into the mains.
- Turn timer dial anticlockwise to the 'On' position.
- Set the desired temperature, by turning the temperature dial to 'Low', 'High' or 'Hold' setting.

N.B. The 'Hold' setting is not a cooking function; therefore, it is only for use with preheated foods.

- The 'Cook' indicator light will illuminate to denote the appliance is in 'Cook' mode and set on 'Low' or 'High' temperature setting.
- Temperature will remain on the selected setting until the unit is turned off by turning the temperature dial to the 'Off' position.
- Lift the ceramic pot by using the ceramic handles.

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C Hints and Tips

- Before food is added, the ceramic pot can be lightly coated with cooking spray so cooked foods release more easily.
- In general, cooking for 1 hour on 'High' is the equivalent of cooking for 2 hours on 'Low'
- If you are not ready to serve the meal as soon as the food is cooked, the appliance will 'Hold' food at the perfect temperature until you are ready to serve.
- Each time the lid is removed, heat will be lost and will add 15-20 minutes to your cooking time. If you need to stir, lift the lid just enough to get the spoon in.
- To reduce fat content from recipes, remove as much of the visible fat as possible from meats and poultry. Cook and drain all minced meats. Remove skin from poultry.
- You can skim the separated fat from the top of the slow cooked food, or alternatively refrigerate the food and the congealed fat can be lifted off and discarded before reheating and serving.
- Many slow cooked foods such as stews benefit from cooling and refrigerating, then reheating.
- If using frozen foods, ensure they are completely thawed before adding to the ceramic pot.
- Dried beans should be soaked overnight, then rinsed, drained and rinsed again before cooking. Do not add salt or anything acidic to the beans when cooking, as it will prevent them from softening completely. Dried beans can be cooked ahead drained and frozen. Thaw thoroughly before adding to recipes.

- The Cook & Hold is perfect for foods that require long slow simmering such as soups, stocks, stews and dried beans
- The Cook & Hold is the perfect way to cook items that require a 'Bain Marie'. We recommend using hot water and cooking on 'High' for most of these recipes.
- Root vegetables such as carrots and potatoes will take longer to cook. Either cut into small pieces or place on the bottom of the ceramic pot.
- For tender vegetables, or to achieve a 'crisp-tender' result, add to the ceramic pot 30 minutes before the end of the cooking time, to prevent over cooking.
- Ground meats and uncooked sausages should always be browned and drained before adding to the Cook & Hold. Smoked sausage does not need to be browned (though it may add flavour and visual appeal. If browning the night before, make certain the meat is thoroughly cooked and then refrigerated once cooled. Combine the meat with other ingredients just before slow cooking.
- Browning meats (roasts, chops, cubes for stews) and poultry adds flavour and visual appeal to the finished dish. It also helps to cook out some of the fat.
- Cooking ground meats in the Cook & Hold without pre browning is not recommended as ground meat has a 'High' level of bacteria, which, unless destroyed through thorough browning, can cause food poisoning. We strongly advise against cooking meatloaf in the Cook and Hold for this same reason.

D Adapting your recipes

- For most recipes, reduce the cooking liquid by at least 50% (soups are the exception). Liquids do not evaporate as they do in traditional cooking, and you often end up with more than when you began.
- In most cases, all ingredients can go in the ceramic pot at once and can cook all day on a 'Low' setting. While it is not necessary to brown or sauté vegetables (onion, carrots, celery, peppers etc), it will add to the flavour. Browning meats adds both flavour and visual appeal and helps to remove fat.
- Certain cuts of meat are more appropriate for the Cook & Hold; see table Meat Cuts Guide for slow Cooking
- Dairy products milk, sour cream and some cheeses will break down and curdle during slow cooking. Substitute with canned evaporated milk or dried skimmed milk or add dairy products during the last 30 minutes of cooking.
- When making soups, add solid ingredients to the Cook and Hold and then liquid to cover. If a thinner soup is desired, add more liquid to taste.
- If your recipe requires precooked pasta, undercook it.
- Add rice to recipes during the last hour of cooking.

Meat Cuts Guide for Slow Cooking		
Meat/ Fish	**Cuts**	
Chicken/ Turkey/ Duck	Portions	Thighs,Breast joints,Quarters,
		Drumsticks
Beef	Joints Minced Steak	Brisket,Topside,Silverside Braising/Stewing
Fish	Fillets	
Lamb	Joints Minced Steaks	Leg,shoulder, middle neck Shanks
Pigeon/ Pheasant/ guinea fowl	Whole	
Pork	Chops Joints Minced Steak	 Knuckle,Shoulder,Collar Gammon Stewing
Rabbit	Pieces	
Veal/Venison	Pieces	Stewing

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Cleaning & Maintenance

- Before first use and after every use, clean each part thoroughly.
- Unplug your appliance and allow it to cool before cleaning.
- Place ceramic pot, cooking rack and lid in the dishwasher or wash with warm soapy water.
- If food sticks to the side of the ceramic pot, fill with warm soapy water and allow to soak before cleaning.
- If scouring is necessary, use a non abrasive cleanser or liquid detergent with a nylon pad or brush.
- Never immerse the stainless steel housing in water or other liquid, or place in a dishwasher. To clean simply wipe the exterior with a clean damp cloth and dry thoroughly before storing. Apply any cleaning agents to the cloth before cleaning, not to the housing.
- Make sure all parts are clean and dry before storing. Store appliance in a clean, dry place.
- Periodically check all parts before reassembly. If any part is damaged or the ceramic pot is chipped or cracked, **DO NOT USE APPLIANCE.**
- The symbol on the product or on its packaging indicates that this product may not be treated as household waste. Instead it should be handed over to an appropriate collection point for the recycling of electrical and electronic equipment. By ensuring this product is disposed of correctly, you will help prevent potential negative consequences for the environment and human health, which could otherwise be caused by inappropriate waste handling of this product. For more detailed information about the recycling of this product, please contact your local council office or your household waste disposal service.

UK Guarantee

- This Cuisinart appliance is guaranteed for domestic consumer use for 5 years.
- The guarantee covers defects under normal use from date of purchase and ceases to be valid in the event of alteration or repair by unauthorized persons.
- If the appliance does not perform satisfactorily due to defects of material or manufacture, it will be repaired or replaced by the manufacturer (see UK after sales service for details).
- This guarantee is only valid in the United Kingdom (including Northern Ireland, Republic of Ireland, the Channel Islands and the Isle of Man).
- No responsibility will be accepted for any damage caused in transit.
- A charge may be made if goods are returned outside the relevant guarantee period or if the product is returned unnecessarily.
- The manufacturer reserves the right to amend terms and specifications without prior notice.
- This guarantee in no way affects your statutory rights.

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UK Wiring Instructions

- Your Cuisinart Cook and 'Hold' includes a BS 13 amp moulded (fused) mains plug on the supply cord.
- Should it be necessary at any stage to remove this moulded plug and replace it with a re-wireable BS 13 amp mains plug, the re-wiring should be completed as follows:

Class I (1)
The wires in the mains lead are coloured in accordance with the following code:

GREEN & YELLOW' = EARTH
BLUE = NEUTRAL BROWN = LIVE

As the colours of the wire may not correspond with the coloured markings identifying the terminals in your plug, proceed as follows:

- The wire which is coloured Green & Yellow must be connected to the terminal in the plug which is marked with the letter E or or coloured green or yellow.
- The wire which is coloured BLUE must be connected to the terminal which is marked with the letter N or coloured black.
- The wire which is coloured BROWN must be connected to the terminal which is marked with the letter L or coloured red.

With this appliance, if a 13 amp plug is used, a 13 amp fuse should be fitted. If any other type of plug is used, a 10 amp fuse must be fitted, either in the plug or at the distribution board.

UK After Sales Service

For further advice on using your Cuisinart Cook and Hold and other products in the Cuisinart range, contact the Cuisinart Customer Care Line on 0870 240 6902 (09:00 to 17:00 hrs Monday to Friday) or, alternatively, email your enquiry to support@cuisinart.co.uk

In Guarantee
Return the product to the Cuisinart Service Centre at the following address:

Cuisinart Service Centre
P.O. Box 506
WIGAN
WN1 9AA

Enclose your name and address, together with proof of purchase and details of the fault.
Cuisinart will either repair or replace the product, as appropriate.

Out of Guarantee
Contact the Cuisinart Customer Care Line on 0870 240 6902 (09:00 to 17:00 hrs Monday to Friday) or, alternatively, email your enquiry to support@cuisinart.co.uk for details of the standard repair or replacement charge. If you wish to proceed with the repair or replacement, return the product to the Cuisinart Service Centre at the following address:

Cuisinart Service Centre
P.O. Box 506
WIGAN
WN1 9AA

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Apple Sauce

Juice 2 lemons
1.8kg apples, e.g. Gala or Braeburn
Sugar, optional
Cinnamon, optional

- Mix the lemon juice with enough water to make 750 ml and pour into the ceramic pot.
- Core but do not peel the apples and cut them into 5 cm chunks.
- Add the apples to the lemon and water mixture, cover and cook on 'Low' for 4 hours.
- When cooked and the slow cooker has switched to 'Hold', use a potato masher to mash the apples for a chunky sauce, alternatively or blend for a smooth sauce.
- Season with the sugar and cinnamon if desired.

Brown Beef Stock

Makes 1.8 litres

1.1kg beef and/or veal bones
450g stewing steak, cut into 2.5cm cubes
2 large carrots, peeled and cut into 8cm lengths
2 sticks celery, cut into 8cm lengths
2 large onions, peeled and quartered
2 tbsp olive oil or vegetable oil
6 chives
6 sprigs parsley
6 sprigs thyme
3 cloves garlic, peeled
12 peppercorns

- Preheat oven to 220°C/ 425°F, Gas Mark 7. Arrange the bones, beef cubes and vegetables in a shallow roasting pan. Drizzle with oil and toss to coat. Roast for 25 minutes, then turn and roast for an additional 25 minutes.
- Tie the chives, parsley and thyme into a bundle.
- Transfer the browned bones, meat and vegetables to the ceramic pot. Add the bundle of herbs, garlic cloves and peppercorns.
- Add 1.8 litre cold water. Cover and cook on 'High' for 5-6 hours. Strain stock from solids and discard solids.
- Cover and refrigerate. The fat will solidify and come to the surface, remove and discard the fat. Keep refrigerated up to 5 days or freeze.

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Chicken Stock

Makes 1.8 litres

1.8kg chicken wings
2 medium onions, peeled and quartered
2 sticks celery, cut into 5cm lengths
2 carrots, cut into 5cm lengths
2 leeks, trimmed, halved lengthways and cleaned
2 parsnips, peeled and cut into 5cm lengths
2 bay leaves
12 black peppercorns
3 sprigs parsley
3 sprigs thyme
2.4 litres water

- Rinse and drain the chicken and place in the ceramic pot along with the onions, celery, carrots, leeks, parsnips, bay leaves, peppercorns, parsley and thyme.
- Add the water, cover and cook on 'Low' for 8 hours.
- When cooked and the slow cooker has switched to 'Hold', pass through a fine mesh sieve to remove all small bits and bones. Cover and refrigerate.
- When chilled and the fat has solidified, remove the fat and discard. Keep stock for 3 days in the refrigerator, or freeze for up to 6 months.

Tomato Sauce

1 tbsp extra virgin olive oil
450g onions, peeled and finely chopped
350g carrots, peeled and chopped
4 sticks celery, peeled and finely chopped
3 cloves garlic, peeled and finely chopped
1 tbsp dried basil
1/2 tbsp dried marjoram
1/2 tbsp dried oregano
2 cans 800g Italian plum tomatoes
2 x 350g jars tomato paste
3 tbsp tomato puree
100ml dry white wine or vermouth
pinch of salt

- Heat the oil in a frying pan over a medium heat. Add the chopped onions, carrots, celery and garlic. Cook until the vegetables are softened but not brown, approximately 5 minutes.
- Add the basil, marjoram and oregano; cook until the herbs are aromatic, 2-3 minutes longer.
- Place the cooked vegetables in the ceramic pot, add the tomatoes, tomato paste tomato puree, wine and salt, stir well to blend.
- Cover and cook on 'Low' for 8 hours. When the Cook & Hold switches to 'Hold' the sauce is cooked.
- For a smoother sauce, blend the cooked sauce until the desired consistency is reached.

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Caramelized Onion Soup

Serves 6

1.8kg onions, peeled and sliced
2 tbsp melted unsalted butter
2 tbsp extra virgin olive oil
11/2 tsp salt
2 tbsp plain flour
1 tbsp brown sugar
1.35 litre hot meat stock
2 tbsp Port

- Combine the onions, butter, olive oil and salt in the ceramic pot. Cover and cook on 'High' for one hour. Reduce the heat to 'Low' and cook for 5-6 hours, until nicely browned, stirring every hour to ensure the onions brown evenly.
- When the onions are done, sprinkle in the flour and sugar. Cook on 'Low' for 30 minutes, stirring occasionally. Add the hot stock and cook on 'High' for 1 hour. Reduce to 'Low' for 2 hours longer and then stir in the Port.
- Serve the soup with slices of toasted French bread, topped with melted Parmesan cheese.

Curried Butternut Squash & Apple Soup

Serves 6

25g unsalted butter
250g chopped onions
50g thinly sliced celery
1 tbsp curry powder
1/2 tsp ginger
1.35kg butternut squash, cut into 2.5cm cubes
450g apples, peeled, cored and cut into wedges
50g white rice
1.3 litre chicken stock
Salt and freshly ground pepper

- Melt the butter in a frying pan. Add the onions and celery and fry over a medium heat for 2-3 minutes, or until the vegetables begin to soften. Place in the ceramic pot.
- Add the curry powder and ginger and cook for a further 5-6 minutes over a 'Low' heat until the vegetables are softened and the spices are fragrant.
- Place the butternut squash, apples and rice into the ceramic pot, in the order listed.
- Add the chicken stock, season well and cook on 'High' for 1 hour. Then reduce the temperature to 'Low' for 5 hours.
- Purée the cooked vegetables in batches to make the smooth thick soup.

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Split Pea Soup

Serves 6

2 tbsp olive oil
6 rashers streaky bacon, finely chopped
1 leek, trimmed, cleaned and thinly sliced
1 celery stick, finely chopped
225g split dried green peas, soaked overnight in cold water
1 litre ham or chicken stock
1/2 tsp mixed herbs
Salt and freshly ground black pepper
4 tbsp double cream

- Heat the oil in a large saucepan over a medium heat. Cook the bacon, leek and celery for approximately 5 minutes, stirring occasionally.
- Add the drained peas, stock, herbs and a little seasoning. Bring just to the boil and then transfer to the ceramic pot. Cover and cook on 'Low' for 8 hours.
- Once the Cook & Hold switches to 'Hold' the cooking is complete. For chunky soup, use a potato masher to mash the peas and thicken the soup. For a smooth soup, puree the mixture in batches in a food processor or blender.
- Just before serving, stir in the double cream.

Tomato Soup

Serves 8

4 x 400g cans chopped tomatoes, drained.
3 cloves garlic, peeled and chopped
1 large onion, peeled and chopped
2 medium carrots, peeled and chopped
2 medium stalks celery, trimmed and chopped
1 litre chicken or vegetable stock
1 bay leaf
1 tsp dried basil
1/2 tsp thyme

- Place the tomatoes, garlic, onion, carrots and celery in the ceramic pot.
- Add the stock, bay leaf, basil and thyme. Cover & cook on 'Low' for 5 hours or until the vegetables are tender. Serve immediately for a rustic soup, or blend until smooth.

‘Almost’ baked potatoes

4 baking potatoes, approximately 275g each, scrubbed and dried
1 tsp good quality olive oil

- Prick each potato several times with a fork. Rub each with 1/4 tsp of the oil. Place the rack in the ceramic pot, evenly space the potatoes on the rack.
- Cover and cook on ‘Low’ for 7 hours, until the potatoes are tender. When the Cook & Hold switches to ‘Hold’ the potatoes are ready to serve.

New Potatoes with Rosemary

1.8kg new potatoes, washed but left whole
2 tbsp extra virgin olive oil
3 tbsp finely chopped fresh rosemary
3 cloves garlic, peeled and crushed
Salt and freshly ground black pepper

- Place the potatoes in the ceramic pot. Pour over the olive oil, sprinkle over the rosemary and garlic and season well.
- Cover and cook on 'Low' for 4 hours.
- Once the Cook & Hold switches to 'Hold' the potatoes will be ready to serve.

Ratatouille

6 tbsp olive oil
1 large onion, peeled and sliced
2 cloves garlic, peeled and crushed
1 large yellow pepper, cored deseeded and cut into 1.5cm cubes
1 large red pepper, cored deseeded and cut into 1.5cm cubes
1 large green pepper, cored deseeded and cut into 1.5cm cubes
1 aubergine, cut to 1.5cm cubes
3 courgettes, cut into 1.5cm half moons
400g tomatoes, fresh or canned
2 tbsp tomato puree
2 tsp oregano
1 tbsp chopped parsley
Salt and freshly ground black pepper

- Heat the oil in a large saucepan and fry the onions, garlic and peppers for approximately 5 minutes to soften, but do not allow to brown.
- Add all the remaining ingredients, except the parsley, season well and heat through, stirring the vegetables thoroughly until they are well mixed.
- When the vegetables begin to bubble, remove from the heat and place in the ceramic pot, cover and cook on 'Low' for 6 hours.
- Just before serving, sprinkle the parsley over the vegetables and stir.

Spinach, Gruyere & Artichoke Dip

450g frozen spinach, thawed
2 x 390g cans artichoke hearts, drained and quartered
1 clove garlic, peeled and chopped
25g shallots, peeled and chopped
450g reduced-fat cream cheese, cut into 2.5cm pieces
4 tbsp evaporated fat-free milk
75g Gruyere cheese, shredded
50g Parmesan, grated
1/2 tsp Tabasco® or other hot sauce, or to taste

- Brush a suitably sized soufflé dish lightly with olive oil or coat with cooking spray. Place the spinach in a clean, dark kitchen towel and squeeze until all liquid is removed; reserve.
- Place the artichoke quarters in a kitchen towel and gently squeeze to remove excess liquid and reserve.
- Place the cream cheese and evaporated milk in a large bowl and beat until creamy and smooth. Crumble the dried spinach over the cream cheese. Add the Gruyere and two thirds of the Parmesan and stir gently. Add the reserved artichoke hearts and hot sauce and stir gently to blend.
- Transfer the mixture to the prepared dish; sprinkle with the remaining Parmesan. Place the cooking rack in the ceramic dish and place the filled soufflé dish on the rack. Cover and cook on 'High' for 2-3 hours, until puffed and bubbly. Serve hot with crackers or sliced French bread.

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Chicken Cacciatore

350g onions, peeled and cut vertically in 1.5cm slices
1 green pepper, cored, deseeded and cut in 1.5cm thick slices lengthways
1 red pepper, cored, deseeded and cut to 1.5cm slices lengthways
1 yellow pepper, cored, deseeded and cut to 1.5cm thick slices lengthways
5 cloves garlic, peeled
2 x 400g cans diced tomatoes, drained juices discarded
4 tbsp tomato puree
4 tbsp white vermouth or dry white wine
11/2 tsp oregano
1 tsp basil
2 tbsp extra virgin olive oil
1.35kg bone in skinless chicken thighs
75g plain flour
225g Portobello mushrooms cut into 1.5cm thick slices
1 bay leaf
Salt and freshly ground black pepper

- Place the onions, peppers, garlic drained tomatoes, tomato puree, vermouth, oregano and basil in a large bowl. Season well. Toss gently to combine.
- Trim chicken thighs of visible excess fat and toss in the flour lightly to coat. Discard excess flour.

- Heat one tbsp oil in a saucepan over a medium-high heat. Add half the chicken and cook for 3 minutes on each side until brown. Transfer to a plate and repeat with the remaining chicken.
- Add the remaining oil and cook the mushrooms in a single layer until golden brown on each side, about 3 minutes per side. Add the mushrooms to the vegetable mixture.
- Arrange half the chicken thighs in the ceramic pot, top with half the vegetable mixture. Repeat the layers, and tuck the bay leaf into the centre of the mixture. Cover and cook on 'Low' for 6 hours. Remove and discard the bay leaf before serving.

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Chilli Con Carne

Serves 10-12

Cooking spray
2 tsp good quality olive oil
675g onions, peeled and finely chopped
6 cloves garlic, peeled and crushed
1.35kg lean mince beef
6 green chillies, deseeded and finely chopped
1 1/2 tbsp oregano
1 1/2 tbsp cumin
1 tbsp paprika
1 red pepper, cored, deseeded and chopped
1 green pepper, cored, deseeded and chopped
1 yellow pepper, cored, deseeded and chopped
2 x 400g cans chopped tomatoes
150g tomato puree
3 tbsp red wine vinegar
3 x 400g cans kidney beans, drained.
Salt and freshly ground black pepper

- Lightly coat the interior of the ceramic pot with cooking spray.
- Heat half the oil in a frying pan over a medium-high heat and add the onions and garlic and sauté them until softened. Season well and place in the ceramic pot.

- In the same frying pan, heat the remaining oil, cook the mince until evenly browned.
- Season well and add the chillies, oregano, cumin and paprika.
- Cook over a low heat until spices are fragrant. Transfer meat mixture to the ceramic pot.
- Add the sliced peppers, tomatoes, tomato puree and red wine vinegar.
- Cover and cook on 'Low' for 6 hours. 1 hour before serving, turn the heat to 'High'. Stir in the beans, cover and cook until heated through.

Dilled Pot Roast

Serves 8

50g plain flour
1.8kg beef roast, brisket or rump
2 tsp vegetable oil
3 tbsp Dijon mustard
3 onions, peeled and cut into eighths
3 carrots, peeled and cut into 2.5cm slices
2 celery stalks, with trimmed and cut to 2.5cm pieces
2 cloves garlic, peeled
1 1/2 tsp dried dill
1 tsp peppercorns
4 tbsp beef stock
1 tbsp red wine vinegar
Salt and freshly ground black pepper

Sauce

Cooking juices from beef
3 tbsp cornflour
1 tsp Dijon mustard
1 tsp dried dill
125ml sour cream
Salt and freshly ground black pepper

- Season the flour and rub over the beef, shaking off any excess.
- Heat the oil in a frying pan over a medium-high heat and brown the beef on all sides. Transfer to a plate and allow to cool for a few moments. Rub the mustard evenly over all sides of the beef.
- Place the onions, carrots, celery, garlic, dill and peppercorns in the ceramic pot. Top with the mustard coated beef. Pour in the stock and vinegar and cook on 'Low' for 8 hours. When the slow cooker switches to 'Hold', remove the beef, transfer to a container.
- Strain and discard the vegetables and pour the juices over the meat, cover and refrigerate over night.
- One hour before serving, remove the beef and cut off any visible fat. Place in a small roasting pan and reheat at 170°C/325°F, Gas Mark 3 for 30-45 minutes.
- For the sauce, strain the cooking juices into a saucepan, discard the fat. Add the flour, mustard and dill. Stir over a medium heat until the sauce comes to the boil and thickens. Season well and stir in the cream, heat on low until warmed through.
- Carve the meat into thin slices and serve with the sauce poured over the top.

Cuisinart

Lamb Shanks with White Beans & Sun Dried Tomatoes

Serves 4

450g dried cannellini beans
4 lamb shanks, approximately 350g each
1 tbsp extra virgin olive oil
225g onions, peeled and chopped
2 cloves garlic, peeled and chopped
200g oil packed sun dried tomatoes, drained and slivered
1 tbsp oil, from the sun dried tomatoes
2 tsp rosemary
350ml chicken stock
125ml white vermouth or dry white wine
Salt and freshly ground black pepper

- Soak the beans over night in water following the pack guidelines. Drain and rinse and place into the ceramic pot.
- Trim the lamb of as much visible fat as possible and season well.
- Heat the oil in a frying pan over a medium- high heat. When hot, add the lamb shanks and brown on all sides.
- Remove and reserve. Pour off excess fat from the pan. Reduce the heat to Low and add the onions and garlic. Cook over a Low heat until onions are softened and opaque, 3-4 minutes.

- Stir the onion mixture in the ceramic pot along with the beans. Add the sun dried tomatoes, sun dried tomato oil and rosemary. Tuck the browned lamb shanks into the bean mixture. Add the stock and wine, cover and cook on 'Low' for 6 hours.
- When the Cook & Hold switches to 'Hold', remove the lamb shanks, Mash some of the beans if desired and serve one lamb shank per person on a bed of beans.

Cuisinart

Mediterranean Seafood Stew

225g small new potatoes, skin on, whole
4 cloves garlic, peeled ad minced
2 large onions, peeled, cut in quarters with the root ends intact
2 tbsp extra virgin olive oil
2 x 400g cans diced tomatoes, juices drained
150g tomato paste
250ml fish stock
250ml dry white wine or vermouth
Pinch saffron stands
1 tsp dried basil
1 bay leaf
1/2 tsp peppercorns
1 small bulb fennel (approximately 225g) trimmed and cut into 2 cm slices
5 whole sprigs of fresh parsley
18 mussels, scrubbed
12 scallops, cut in half horizontally
12 prawns, peeled deveined and left whole, tail on
350g white fish, cut into 5 cm pieces
3 tbsp chopped parsley
Zest of 1 lemon

- Place the potatoes, garlic, onions and olive oil in the ceramic pot. Stir gently to combine. Add the tomatoes, tomato paste, stock, wine, saffron and dried basil.
- Place the bay leaf, pepper and parsley in a piece of muslin 12.5cm x12.5cm and tie securely, place in the ceramic pot.
- Cover and cook for 7 hours on 'Low'. When the appliance switches to 'Hold', the sauce can be kept at serving temperature until 1 hour before serving.
- Raise the heat to 'High', and add the fennel slices. Cook for 30-40 minutes. Add the mussels, scallops, prawns and fish. Continue to cook for a further 10-15 minutes, or until mussels are open, prawns are pink and the scallops and fish are opaque.
- Remove the muslin and serve the stew in warm soups bowls, garnished with chopped parsley and lemon zest. Serve hot with fresh crusty bread.

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Penne Lasagne

150g freshly grated parmesan
425g ricotta cheese
450g grated mozzarella, 50g set aside for topping
3 tsp extra virgin olive oil
225g closed cup mushrooms, cleaned and sliced
450g frozen spinach, thawed and drained until very dry
1 large onion, peeled and finely chopped
4 cloves garlic, peeled and crushed
225g minced turkey
4 x 400g cans diced tomatoes, juices drained and separated
450g tomato sauce for pasta
350g penne, par-cooked for 5 minutes, drained and cooled
2 tsp dried basil
1 tsp oregano
Salt and freshly ground black pepper

- Combine the parmesan, ricotta and 400g of the mozzarella in a small bowl and set aside.
- Heat 1 tsp of the olive oil in a frying pan and sauté the mushrooms until golden, remove from the heat, season well and mix with the drained spinach. Set aside.
- Heat another tsp of oil and sauté the onions and garlic until softened, approximately 5 minutes. Set aside.

- Heat the remaining oil and brown the turkey. Transfer to the bowl with the onions, stir in 1 can of the tomatoes and set aside.
- Combine the tomato sauce with the remaining diced tomatoes, penne, basil and oregano.
- Lightly coat the interior of the ceramic pot with cooking spray.
- Using 1/3 of the pasta mixture make a layer on the bottom of the pot. Spread the meat mixture evenly over the pasta and cover with 1/2 the cheese mixture. Make a second layer of pasta, top with the spinach and mushroom mixture, sprinkle over the remaining cheese mixture. Make a final layer of pasta and top with the reserved mozzarella.
- Cover and cook on 'Low' for 6 hours, when the Cook & Hold switches to 'Hold' the dish is ready to serve.

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Wild Mushroom Ragout

Serves 8

Cooking spray
50g dried mushrooms e.g. Shiitake or porcini
275g mixed wild mushrooms, e.g. Shiitake, Cremini, Oyster
3 tbsp unsalted butter, divided
3 tbsp extra virgin olive oil, divided
175g shallots, peeled and finely chopped
125ml dry sherry
450g white button mushrooms, quartered
450g Portobello mushrooms, cut in 1.5cm slices
1 red pepper, cored deseeded and thinly sliced
4 spring onions, cut into 1/2 cm slices
1/2 bunch, parsley, chopped
1 tsp thyme
3 tbsp tomato puree
225ml chicken or vegetable stock
Salt and freshly ground black pepper

- Lightly coat the interior of the ceramic pot with the cooking spray.
- Place the dried mushrooms in a small bowl and cover with 500ml boiling water. Leave to stand for 10 minutes. Drain and reserve the liquid.
- Remove and discard the tough stems, and chop. Place in the ceramic pot and mix with the wild mushrooms.
- Heat 1 tbsp each butter and olive oil in a frying pan and heat over medium heat. Add the shallots and cook until softened, approximately 5 minutes.
- Add the sherry and bring to the boil. Cook until reduced by half. Transfer to the ceramic pot.
- Heat 1/2 tbsp butter and oil in the same frying pan, cook the button mushrooms until golden, in 2 batches. Transfer to the ceramic pot. Brown half the Portobello mushrooms in 1/2 tbsp butter and 1/2 tbsp oil. Repeat with second half of mushrooms and transfer to the ceramic dish.
- Add the red pepper, spring onion, parsley, thyme and season well.
- Combine the tomato paste with the reserved mushroom liquid and chicken stock. Stir into the ceramic pot.
- Cover and cook on 'Low' for 4 hours. Serve as a side dish or as a topping for Bruschetta.

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Ginger poached pears

Serves 8

Juice of 1 lemon
3 cans ginger ale
Zest of half a lemon
3 cm piece fresh ginger, peeled and thinly sliced
8 medium pears, slightly under ripe but fragrant, with stems
50g chopped crystallized ginger

- Combine the lemon juice with 900ml water in a bowl. Place the ginger ale, lemon zest and fresh ginger in the ceramic pot.
- Peel the pears, leaving the stem intact and cut a thin slice from the bottom of each pear so that they stand upright. As each pear is peeled, dip into the lemon water to prevent darkening and stand in the ginger liquid in the ceramic pot.
- Cover and cook on 'Low' for 4 hours. Do not cook on 'High'. Once the Cook & Hold has switched to 'Hold' allow the pears to cool in the liquid. Once cool, chill the pears in the liquid.
- To serve, arrange each pear on a deep plate. Spoon the poaching liquid over the pears and sprinkle over the chopped crystallized ginger.

Stewed Rhubarb

1.8kg fresh rhubarb, washed and dried
500g granulated sugar

- Slice the rhubarb into 1-1.5cm pieces.
- Place the rhubarb in the ceramic pot and stir in the sugar.
- Leave to stand at room temperature for 1-2 hours, until the rhubarb gives up liquid.
- Cover and cook on 'Low' for 4-5 hours.

Serve with vanilla ice cream.

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Baked Apples

200g brown sugar
1 tsp cinnamon
1/2 tsp nutmeg
50g dried cranberries
50g raisins
75g flaked almonds, lightly toasted
1 tbsp unsalted butter
6 medium-large baking apples e.g. granny smith, Braeburn
120ml apple juice or cider

- Mix the brown sugar with cinnamon and nutmeg in a medium bowl. Set aside 4 tbsp for topping.
- To make the filling, add the cranberries, raisins and almonds to the remaining sugar mixture and stir well to combine.
- Core the apples 1/2 the way down, scrape out a small cavity. Peel 1/3 top of the apples. Stuff some filling in each cavity, reserving any excess filling.
- Place the prepared apples in the ceramic pot, sprinkle with the remaining sugar and spice mix over the top.
- Dot each with 1/2 tsp butter. Pour apple juice around the edges, cover and cook on 'Low' for 4 hours.
- To serve, place on dessert plates and top with loose nuts and fruit. Drizzle with pan juices.

French Vanilla Rice Pudding

Cooking spray
400g Arborio rice, uncooked
4 x 410g cans evaporated milk
2 x 400ml cans reduced fat coconut milk
120ml water
375g granulated sugar
1 vanilla pod
1 tbsp vanilla extract

- Lightly coat the interior of the ceramic pot with the cooking spray. Add the rice and stir in the milks, sugar and water. Slit the vanilla pod in half lengthways and scrape out the seeds and add both to the ceramic pot.
- Cover and cook on 'Low' for 4 hours. When the Cook & Hold switches to 'Hold', remove and discard the vanilla pod and stir in the vanilla extract.
- Serve warm and chill left over rice in a bowl covered with cling film. Ensure the cling film touches the entire surface to prevent skin from forming.

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Peach Cobbler

900g fresh peaches, skinned, stoned and cut into 1.5cm slices
50g brown sugar
1 tbsp tapioca
1 tsp ground ginger
25g unsalted butter, melted
200g rolled oats
Cooking spray

- Place the peaches in a large bowl. Combine brown sugar with tapioca and ginger and toss with the peaches.
- Mix the rolled oats with the melted butter and stir 1/2 of the mixture into the peaches. Reserve the rest for the topping.
- Lightly coat the interior of a large soufflé dish with cooking spray. Transfer the peach mixture to the soufflé dish and top with the remaining rolled oat mixture.
- Place the cooking rack into the ceramic pot and place the soufflé dish on top. Cover and Cook on 'Low' for 5 hours. Serve with freshly whipped cream, ice cream or vanilla yogurt.

Winter Fruit Crisp

Serve 8-12

Cooking spray
200g mixed dried fruits e.g. apricots, plums, sultanas etc
2 large Golden Delicious apples, peeled, cored and cut into 0.5cm squares
3 pears, peeled, cored and cut into 1/2 cm squares
150g dried cranberries
1 cinnamon stick
Zest 1 orange
100g sugar
1 tbsp chopped crystallized ginger or 1 tsp ground ginger
1/2 tsp freshly grated nutmeg
1 tbsp dark rum or brandy
1 tsp vanilla extract

Crumb topping:
115g plain flour
100g rolled oats
150g brown sugar
1/2 tsp freshly grated nutmeg
150g unsalted butter, softened

- Lightly coat the interior of the ceramic pot with cooking spray.
- Cut any large pieces of dried fruit into 2.5cm pieces and place in the prepared ceramic pot. Add the apple, pears and cranberries and stir gently. Add the cinnamon, orange zest, sugar, ginger, nutmeg, rum and vanilla and stir gently to combine.
- Place the flour, oats, brown sugar and nutmeg in a medium bowl and stir. Add the butter and rub together using your finger tips until the mixture resembles large crumbs.
- Sprinkle this crumb topping over the fruit patting it down lightly.
- Cover and Cook on 'Low' for 4 hours. When cooked and the Cook & Hold automatically switches to 'Hold', the fruits will be tender and bubbling and topping will be lightly browned.
- Serve warm with cream or ice-cream.

Apple Streusel Cheesecake

1/2 tsp butter
1 apple, peeled, cored and cut in half and sliced
1 tbsp lemon juice
1 1/2 tsp ground cinnamon
1 tbsp brown sugar
2 tbsp butter, divided
24 ginger biscuits, broken into crumbs
450g low fat cream cheese, cut into 2.5cm pieces, at room temperature
100g brown sugar
2 large eggs
3 tbsp single cream
1 tbsp cornflour
1 tsp vanilla essence

- Lightly coat the bottom of an 18cm (7inch) spring form cake tin with 1/2 tsp butter. Toss the apple slices in the lemon juice, cinnamon and 1 tbsp brown sugar and set aside.
- Melt the remaining butter and combine with the biscuit crumbs. Press into the bottom of the cake tin.
- Place the cream cheese and remaining sugar into a work bowl and beat until fluffy. Add the eggs and beat together.

- Add the cream, cornflour and vanilla and mix until smooth. Pour half the cream mixture onto the biscuit crumb in the cake tin. Top with half the apple and then repeat the layers.
- Place the rack in the ceramic pot and place the tin on top. Cover and cook on 'High' for 21/2 hours. Turn off, and using oven gloves transfer the cheesecake to a wire rack to cool completely. When cool, place in the refrigerator for at least 8 hours before serving.

Chocolate Pudding Cake

1 tsp + 75g unsalted butter, room temperature
275g granulated sugar, divided
115g plain flour
7 tbsp cocoa powder
2 tsp baking powder
1/2 tsp salt
110ml hot semi skimmed milk
1 1/2 tsp vanilla extract
50g light brown sugar
60g chopped pecans, lightly toasted
340ml hot water
55ml Kahlua

- Lightly coat a suitably sized soufflé dish with 1 tsp butter.
- Combine175g granulated sugar, in a large bowl with the flour, 3 tbsp cocoa powder, baking powder and salt. Add the hot milk and melted 75g melted butter and vanilla.Beat the mixture until smooth. Spread into the prepared soufflé dish.

- Stir together the remaining granulated sugar, brown sugar, remaining cocoa and toasted pecans in a small bowl. Sprinkle the mixture evenly over the batter. Combine the hot water and Kahlua and pour over the batter, do not stir.
- Insert the rack in the ceramic pot and place the soufflé dish on the rack. Cover and heat on 'High' for 3 hours. Leave to stand for 30 minutes before serving. Serve warm or chilled with ice cream.

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